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(Pages : 8)

Name.....

Reg. No.....

U.G. ENTRANCE EXAMINATION, APRIL 2024

B.P.Ed. (Two Year)

Time : One Hours

Maximum : 200 Marks

Each questions carries 4 marks.

1 mark will be deducted for each wrong answers.

1. Davis Cup is related to which sport ?

- | | |
|---------------|----------------|
| (a) Tennis. | (b) Badminton. |
| (c) Football. | (d) Cricket. |

2. Daily how many hours need to sleep.

- | | |
|--------|---------|
| (a) 5. | (b) 12. |
| (c) 6. | (d) 8. |

3. Which day we calibrating the national sports day ?

- | | |
|------------------------------|--------------------------------|
| (a) 29 th August. | (b) 2 nd October. |
| (c) 1 st January. | (d) 26 th November. |

4. Mother of Sports.

- | | |
|----------------|----------------|
| (a) Badminton. | (b) Golf. |
| (c) Sprinting. | (d) Athletics. |

5. Badminton was originated in which country ?

- | | |
|-------------|-------------|
| (a) China. | (b) Canada. |
| (c) France. | (d) India. |

6. Distance of full Marathon is :

- | | |
|------------|------------|
| (a) 30 km. | (b) 40 km. |
| (c) 42 km. | (d) 52 km. |

Turn over

7. The tread mills training is prescribed for the injured athlete for the purpose of Improving his/her
- (a) Muscle strength.
 - (b) Stability of the body.
 - (c) Range of motion.
 - (d) Muscle endurance.
8. The longest muscle in human body is ?
- (a) Sartorius.
 - (b) Biceps.
 - (c) Deltoid.
 - (d) Lattismus Dorsi.
9. What is flexibility ?
- (a) Isotonic movements.
 - (b) Health.
 - (c) Concentration.
 - (d) Long life.
10. 'Stimulus Response Theory' was given by ?
- (a) Frobel.
 - (b) E. L. Thorndike.
 - (c) Dr. Radhakrishnan.
 - (d) John Dewey.
11. The normal temperature of a healthy human being is ?
- (a) 98.4° F.
 - (b) 95.5° F.
 - (c) 96.6° F.
 - (d) 97.4° F.
12. Balanced diet contains :
- (a) Protein.
 - (b) Vitamin.
 - (c) Carbohydrates.
 - (d) All of the above.
13. Fatigue comes during training due to ?
- (a) Lactic acid.
 - (b) Adrenal.
 - (c) Carbon Di Oxide.
 - (d) pH-Factors.

14. Standard track total distance is :
- (a) 300 m. (b) 200 m.
(c) 400 m. (d) 800 m.
15. Which country host the 'Special Olympics World Summer Games' ?
- (a) India. (b) Germany.
(c) France. (d) Australia.
16. How many medals were won by India in the 'Special Olympics World Games 2023' ?
- (a) 101. (b) 202.
(c) 303. (d) 404.
17. Who has been selected as torchbearer for the 2024 Paris Olympics ?
- (a) Saina Nehwal. (b) Neeraj Chopra.
(c) Abhinav Bindra. (d) P. V. Sindhu.
18. How many lanes on a standard track ?
- (a) 6. (b) 7.
(c) 8. (d) 9.
19. High jump runway distance.
- (a) 12 m. (b) 13 m.
(c) 15 m. (d) 14 m.
20. Asian Games took place after every :
- (a) 2 years. (b) 3 years.
(c) 4 years. (d) 5 years.

21. Which test for Doping ?

(a) Sugar test.

(b) Urine test.

(c) Stool test.

(d) Blood test.

22. Total Length and width of Football ground is ———.

(a) 100 and 70.

(b) 120 and 80.

(c) 120 and 90.

(d) 90 and 70.

23. Dhanraj Pillai.

(a) Swimming.

(b) Hockey.

(c) Cricket.

(d) Tennis.

24. How many squares are there on chess board ?

(a) 32.

(b) 16.

(c) 8.

(d) 64.

25. The term 'Butterfly Stroke' is referred to in which sport ?

(a) Wrestling.

(b) Volleyball.

(c) Tennis.

(d) Swimming.

26. Which was the first country to host the Asian Games ?

(a) China.

(b) Japan.

(c) India.

(d) Korea.

27. Indira Gandhi Cup is associated with ———.

(a) Cricket.

(b) Football.

(c) Boxing.

(d) Basketball.

28. Who is the only Indian male boxer to win a medal at the Olympics ?
- (a) Manoj Kumar. (b) Mary Kom.
(c) Vikas Krishan Yadav. (d) Vijender Singh.
29. What sport is considered the most popular in the world ?
- (a) Football. (b) Tennis.
(c) Golf. (d) Basketball.
30. In what country was boxer Muhammed Ali born ?
- (a) United States. (b) United Kingdom.
(c) Canada. (d) Jamaica.
31. What game is called the "sport of kings" ?
- (a) Chess. (b) Go.
(c) Bridge. (d) Tennis.
32. Neeraj Chopra won India's first-ever Olympic Gold Medal in which of the following sports ?
- (a) 400 m Hurdle. (b) Javelin Throw.
(c) Long Jump. (d) High Jump.
33. Who started physical education ?
- (a) Friedreich George. (b) Friedreich Jahn.
(c) George David. (d) None of these.
34. Breakage of bones is known as :
- (a) Sprain. (b) Fracture.
(c) Contusion. (d) Laceration.

35. Isotonic exercise helps in enhancing :

- (a) Strength.
- (b) Speed.
- (c) Agility.
- (d) Endurance.

36. Stretching and range-of-motion exercises can :

- (a) Increase an individual's flexibility.
- (b) Make it easier for staff to care for individuals.
- (c) All of the above.
- (d) None of the above.

37. Who was the first Indian Woman to get an Olympic medal ?

- (a) P. T. Usha.
- (b) Sania Mirza.
- (c) Aarti Saha.
- (d) Karnam Malleswari.

38. Olympic Medalists of India Bajrang Punia and Ravi Dhaiya associated with which sport ?

- (a) Boxing.
- (b) Shooting.
- (c) Wrestling.
- (d) Judo.

39. Who became first Indian woman para-athlete and the oldest to be conferred with "Rajiv Gandhi Khel Ratna" award in the year 2019 ?

- (a) Karamjyoti Dalal.
- (b) Deepa Malik.
- (c) Pooja Khanna.
- (d) Malathi Krishnamurthy Holla.

40. In which of these cities the famous "Eden Garden" Stadium is located ?

- (a) Mumbai.
- (b) Delhi.
- (c) Jaipur.
- (d) Kolkata.

41. "Karnam Malleswari" is associated with which of the following sports ?

- (a) Weight Lifting.
- (b) Football.
- (c) Hockey.
- (d) Cricket.

42. Who is the first Indian woman to win an Asian Games gold in 400m run ?
- (a) M. L. Valsamma. (b) P.T.-Usha.
(c) K. Malleshwari. (d) Kamaljit Sandhu.
43. "Archery" is the national sport of which country ?
- (a) Bangladesh. (b) Afghanistan.
(c) Bhutan. (d) Sri Lanka.
44. Which country has hosted the Asian Games for the maximum number of times ?
- (a) Thailand. (b) Indonesia.
(c) China. (d) India.
45. Dronachaiya Award is given to _____.
- (a) Best Sportsman of the year.
(b) Player who won the most number of medals in a year.
(c) Best team of the year.
(d) Person with excellence in sports coaching.
46. Arjuna Award was introduced in which year ?
- (a) 1951. (b) 1961.
(c) 1968. (d) 1984.
47. When was National Sports Day first celebrated in India ?
- (a) 2012. (b) 2014.
(c) 2017. (d) 2019.
48. Which state was crowned champion at the Boxing Sub Junior National Championship ?
- (a) Haryana. (b) Punjab.
(c) Karnataka. (d) Kerala.

49. Where will the National Para Badminton Championship be hosted ?

- (a) New Delhi.
- (b) Jaipur.
- (c) Jamshedpur.
- (d) Ranchi.

50. Which state won the most medals in the Khelo India Youth Games 2024 ?

- (a) Maharashtra.
- (b) Haryana.
- (c) Tamil Nadu.
- (d) Punjab.